

SE Outreach Services
COMPREHENSIVE DYSPHAGIA AND NUTRITIONAL MANAGEMENT
Learning Verification

Name:

Job Title:

Provider:

Date:

1. Define the following terms:

- A. Aspiration
- B. Silent Aspiration
- C. Dysphagia
- D. Dysphagia Triggers
- E. GERD/Reflux

2. What is the difference between coughing and choking?

3. What are some of the possible health risks of aspiration?

4. Check all symptoms that are “dysphagia triggers”:

- | | |
|--|--|
| <input type="checkbox"/> coughing during meals or snacks | <input type="checkbox"/> refusal to eat for more than 2 meals |
| <input type="checkbox"/> watery eyes | <input type="checkbox"/> excessive drooling |
| <input type="checkbox"/> wheezing | <input type="checkbox"/> gagging/vomiting |
| <input type="checkbox"/> “wet” vocal quality | <input type="checkbox"/> holding food in mouth without swallowing |
| <input type="checkbox"/> sudden change in color around mouth or lips | <input type="checkbox"/> facial grimacing |
| <input type="checkbox"/> fever | <input type="checkbox"/> coughing when laying down |
| <input type="checkbox"/> cough during oral care | <input type="checkbox"/> coughing after meals |
| | <input type="checkbox"/> coughing during medication administration |

5. What are you supposed to do FIRST when you observe a “dysphagia trigger”?

6. (a) What is a “self-corrected dysphagia trigger”?

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(b) Is any documentation required for a “self-corrected” trigger? Yes or No

7. What is a “non-corrected or uncorrectable dysphagia trigger”?

8. What additional step(s), if any, are expected of you if you observe an “uncorrectable trigger”?

9. Is any documentation required for a “non-corrected or uncorrectable dysphagia trigger”? Yes or No

10. Are Dining Plans required for all individuals? Yes or No

11. Are modified diet textures used only when eating at home? Yes or No

DIET TEXTURES—List Textures or consistencies seen in slides

12.

13.

14.

15.

16.

17. True or False _____ Aspiration can occur only at mealtimes.

IF false, list one other time that it can occur: _____

18. True or False _____ An example of Nectar thick liquids are Tomato Juice and Buttermilk

IF false, list an example _____

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19. True or False _____ An example of Honey thick liquids is Prune Juice
IF False, list an example: _____
20. True or False _____ Pureed foods consist of foods cut into ¼ inch bites
IF False, please describe pureed foods _____
21. True or False _____ Ground foods can be accomplished by cutting foods into small pieces with a knife
IF False, What is needed to appropriately ground food items _____
22. True or False _____ Chopped food items may be accomplished by fork mashing or knife cutting
IF False, What is needed to appropriately chop food items _____
23. True or False _____ It is normal to cough throughout a meal.
24. True or False _____ It is not a concern if someone coughs up a lot of phlegm in the morning or after drinking some juice.
25. True or False _____ It is okay to give someone a drink of water when they are lying down in bed or laying back in a recliner.